

# Meadowbrook

COMMUNITY COMPLEX

*Summer 2006*



**SEATTLE PARKS  
AND RECREATION**

[www.cityofseattle.net/parks](http://www.cityofseattle.net/parks)

## **Community Center**

10517 35th Ave. NE  
(206) 684-7522

## **Teen Annex**

10750 30th Ave. NE  
(206) 684-7523

## **Swimming Pool**

10515 35th Ave. NE  
(206) 684-4989

# Meadowbrook COMMUNITY CENTER

10517 35th NE / Seattle, WA 98125  
(206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125  
(206) 684-7523

E-Brochures are available  
Visit us online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

## Hours of operation

Monday, Wednesday, & Friday, 1 p.m. to 9 p.m.  
Tuesday & Thursday, 10 a.m. to 9 p.m.  
CLOSED Saturdays and Sundays until September 9th

## Holiday closures

Tuesday, July 4th (Independence Day)

## Program registration

Walk-in registration begins May 30

## Program dates

6/19/2006 - 9/3/2006

## Professional staff

Ken Bounds, *Superintendent*  
Christopher Williams, *Operations Director*  
Maureen O'Neill, *North Recreation Manager*  
Tom Ostrom, *North Senior Recreation Coordinator*  
Lee Bicknell, *Center Coordinator*  
Ian Hallock, *Assistant Center Coordinator*  
Jeron Gates, *Teen Development Leader*  
Naikia Howard, *Late Night Recreation Specialist*  
September Wilson, *Recreation Attendant*  
Marlene Oliver, *Building Maintenance*

Our Advisory council is always looking for new members. Meetings are held on the second Thursday evening of every month at 7:00 p.m.

## GENERAL INFORMATION

### You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month, at 7:00 p.m., to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

### Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

### Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like

to share with others in a class or workshop format, please talk to a member of our staff.

### Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

### Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

### Rentals

For information about room rentals, please view our [facility rental brochure](#).

### More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

### Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

### Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

### Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

### Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

# AEROBICS & FITNESS

## Personal Fitness - Intro

### Ages 16 and older

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness room. As classes fill, we do add more dates and times. If none of these dates and times work for you, please ask the front desk to schedule you a private or semi-private class (\$40). Please register for class by the close of business the preceding day.

**Location: Weight/Fitness Room**

#### PERSONAL FITNESS - INTRO 7/10

#9244 7/10/2006 Mon 7:30 - 8:45 pm  
Activity Fee \$11.00

#### PERSONAL FITNESS - INTRO 7/12

#9246 7/12/2006 Wed 11:30 a.m. - 12:45 pm  
Activity Fee \$11.00

#### PERSONAL FITNESS - INTRO 8/9

#9247 8/9/2006 Wed 11:30 am - 12:45 pm  
Activity Fee \$11.00

#### PERSONAL FITNESS - INTRO 8/14

#9248 8/14/2006 Mon 7:30 - 8:45 pm  
Activity Fee \$11.00

#### PERSONAL FITNESS - INTRO 8/30

#9249 8/30/2006 Wed 7:30 - 8:45 pm  
Activity Fee \$11.00

## Pilates

### Ages 18 and older

Develop core strength and improved flexibility with Pilates.

Find out where you're weak, where you're strong, where your "core" is and put it all into an exercise program that will help you develop a more flexible, symmetrical, balanced body. The pilates mat system is an excellent conditioning program suitable for both men and women of all physical and athletic skills. Instructor has been practicing Pilates for the last four years and is currently pursuing Comprehensive Certification in the Stott method of Pilates. Coming from a background of teaching and sports coaching, the instructor pays attention to the individual's level of conditioning and physical skill and attempts to tailor each workout to fit each student's abilities

**Location: Room 6 - Medium (kitchen side)**

#### PILATES M/W

#8729 6/28/2006 - 7/24/2006 Mon, Wed 6 - 7 pm  
Activity Fee \$62.00/ Punch Card (4 punches) \$33/Drop-in \$9

#### PILATES THURSDAY

#8727 7/6/2006 - 7/27/2006 Thu 7 - 8 pm  
Activity Fee \$31.00/ Punch Card (4 punches) \$33/Drop-in \$9

#### PILATES THURSDAY

#8728 8/3/2006 - 8/24/2006 Thu 7 - 8 pm  
Activity Fee \$31.00/ Punch Card (4 punches) \$33/Drop-in \$9

## Jazzercise

When you love your workout, results come easy. Jazzercise combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more to create a truly effective program for people of every age and fitness level. Here's your chance to get healthy and fit in a friendly fun environment. Grab a mat or towel and a water bottle and get started today. Classes are ongoing, so come to any class to start.

**Instructor: Madelaine Jensen**

This is a paid advertisement. This program is not operated by the Meadowbrook Advisory Council or the Seattle Parks and Recreation Department.

### REGISTER FOR JAZZERCISE WITH THE INSTRUCTOR AT THE PROGRAM SITE.

Mon/Wed/Fri 9:15 am - 10:15 am

Easy Fitness Ticket \$36 (Automated unlimited monthly pass)

Unlimited Monthly Pass \$50 (pay as you go)

4 Class punch card \$32

Drop-In \$10

(Passes also valid for Jazzercise classes at Shoreline Center)

## NIA

### Ages 18 and older

NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more.

**Location: Multi-Purpose Room - Large**

#### NIA JULY

#8921 6/29/2006 - 7/25/2006 Tue, Thu 6 - 7 pm  
Activity Fee \$62.00/ Punch Card (4 punches) \$33/Drop-in \$9

*Come get in shape and feel good  
through aerobic conditioning.*

# MARTIAL ARTS

## Karate

Explore a variety of karate styles offered for youth and adults.

### Ages 7 and older

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 - 8:30pm for the more advanced students.

**Location: Multi-Purpose Room - Large**

#### KARATE JULY

#8279 6/28/2006 - 7/24/2006 Mon, Wed 6:30 - 7:30 pm  
Youth \$24.00, Adult \$37.00

#### KARATE AUGUST

#8280 7/26/2006 - 8/21/2006 Mon, Wed 6:30 - 7:30 pm  
Youth \$24.00, Adult \$37.00



# ATHLETICS

**ALL TENNIS PROGRAMS will be held at the Sandpoint/Magnuson courts due to the resurfacing of the Meadowbrook courts.**

## Advanced Tennis Team

**Ages 8 - 16**

Lessons will be co-taught by Risa Pavia and Suzeye Nomura. Both instructors are competitive players who come highly recommended by their coaches and the Amy Yee Tennis Center.

#8239 6/26/2006 - 8/17/2006 M, T, W, Th 1 - 2 pm

Activity Fee \$135.00

## Beginner Tennis Team

**Ages 8 - 16**

Lessons will be co-taught by Risa Pavia and Suzeye Nomura. Both instructors are competitive players who come highly recommended by their coaches and the Amy Yee Tennis Center.

#8240 6/26/2006 - 8/17/2006 M, T, W, Th 2 - 3 pm

Activity Fee \$135.00

### SESSION 1 10 & OVER BEG\ ADV. BEG

**Ages 10 - 17**

Lessons will be co-taught by Risa Pavia and Suzeye Nomura. Both instructors are competitive players who come highly recommended by their coaches and the Amy Yee Tennis Center.

#8189 6/26/2006 - 7/7/2006 M, T, W, Th, F 10 - 10:50 am

Activity Fee \$55.00

### SESSION 1 10 & UNDER BEG\ ADV. BEG

**Ages 6 - 10**

Lessons will be co-taught by Risa Pavia and Suzeye Nomura. Both instructors are competitive players who come highly recommended by their coaches and the Amy Yee Tennis Center.

#8194 6/26/2006 - 7/6/2006 M, T, W, Th, F 11 - 11:50 am

Activity Fee \$55.00

### SESSION 1 ADV. BEG/INTERMEDIATE

**Ages 8 - 16**

Lessons will be co-taught by Risa Pavia and Suzeye Nomura. Both instructors are competitive players who come highly recommended by their coaches and the Amy Yee Tennis Center.

#8207 6/26/2006 - 7/7/2006 M, T, W, Th, F 12 - 12:50 pm

Activity Fee \$55.00

### SESSION 1 BEG./ADV. BEG

**Ages 6 - 12**

Lessons will be co-taught by Risa Pavia and Suzeye Nomura. Both instructors are competitive players who come highly recommended by their coaches and the Amy Yee Tennis Center.

#8185 6/26/2006 - 7/7/2006 M, T, W, Th, F 9 - 9:50 am

Activity Fee \$55.00

### SESSION 2 10 & OVER BEG\ ADV. BEG

**Activity Fee \$27.50**

#8215 7/10/2006 - 7/13/2006 M, T, W, Th 10 - 10:50 am

Activity Fee \$27.50

### SESSION 2 10 & UNDER BEG\ ADV. BEG

**Activity Fee \$27.50**

#8217 7/10/2006 - 7/13/2006 M, T, W, Th 11 - 11:50 am

### SESSION 2 ADV. BEG/INTERMEDIATE

**Activity Fee \$27.50**

#8220 7/10/2006 - 7/13/2006 M, T, W, Th 12 - 12:50 pm

### SESSION 2 BEG./ADV. BEG

**Activity Fee \$27.50**

#8213 7/10/2006 - 7/13/2006 M, T, W, Th 9 - 9:50 am

### SESSION 3 10 & OVER BEG\ ADV. BEG

**Activity Fee \$55.00**

#8232 7/24/2006 - 8/3/2006 M, T, W, Th 10 - 10:50 am

### SESSION 3 10 & UNDER BEG\ ADV. BEG

**Activity Fee \$55.00**

#8233 7/24/2006 - 8/3/2006 M, T, W, Th 11 - 11:50 am

### SESSION 3 ADV. BEG/INTERMEDIATE

**Activity Fee \$55.00**

#8234 7/24/2006 - 7/27/2006 M, T, W, Th 12 - 12:50 pm

### SESSION 3 BEG./ADV. BEG

**Activity Fee \$55.00**

#8231 7/24/2006 - 8/3/2006 M, T, W, Th 9 - 9:50 am

### SESSION 4 10 & OVER BEG\ ADV. BEG

**Activity Fee \$55.00**

#8236 8/7/2006 - 8/17/2006 M, T, W, Th 10 - 10:50 am

### SESSION 4 10 & UNDER BEG\ ADV. BEG

**Activity Fee \$55.00**

#8237 8/7/2006 - 8/17/2006 M, T, W, Th 11 - 11:50 am

### SESSION 4 ADV. BEG/INTERMEDIATE

**Activity Fee \$55.00**

#8238 8/7/2006 - 8/17/2006 M, T, W, Th 12 - 12:50 pm

### SESSION 4 BEG./ADV. BEG

**Activity Fee \$55.00**

#8235 8/7/2006 - 8/17/2006 M, T, W, Th 9 - 9:50 am

## Baseball - Coach Pitch

**Ages 7 - 9**

*Younger kids will love this introduction to baseball.* Play baseball with a softer ball made of cloth. Focus is on teamwork and having fun. Parental participation is welcomed and encouraged. T-shirt and cap are included. The season will end with a family picnic.

**Location: Outdoor Spaces**

#8923 7/10/2006 - 8/14/2006

Activity \$35.00

Dates and Times to be determined by coach.

Games will be Friday evenings.

**VOLUNTEER  
COACHES  
NEEDED!**

## T-Ball

**Ages 5 - 6**

*This introduction to sports focuses on both skill development and fun.* Hit the ball, run the bases and slide into home plate. Be a terrific T-Baller! We will focus on having fun and learning skills. Parental participation is welcomed and encouraged. T-shirt and cap are included. The season will end with a family picnic.

**Location: Outdoor Spaces**

#8924 7/11/2006 - 8/15/2006

Activity Fee \$35.00

Dates and Times to be determined by coach.

Games will be Saturday mornings.

**VOLUNTEER  
COACHES  
NEEDED!**

## The First Tee at Jackson Park

The First Tee of Greater Seattle is offering golf skill/life skill classes and two day introductory camps at Jackson Park Golf Course throughout the summer. Classes are weekly and focus on basic golf skills, rules, and etiquette and interpersonal and self management skills. Fee is \$35 for the entire year and some scholarships are available.

Please contact Director of Golf, Gordy Graybeal at (206) 898-2949 for details and program information or go to [www.thefirstteeseattle.org](http://www.thefirstteeseattle.org)

*This is a paid advertisement. This program is not operated by the Meadowbrook Advisory Council or the Seattle Parks and Recreation Department.*

# PERFORMING ARTS & DANCE

## Creative Dance

*Ages 3 - 5*

This class introduces the concepts of rhythm, shape, size, and speed in a fun and energetic environment. Self-expression and creativity are encouraged. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and have hair secured; ballet slippers are optional.

**Location:** Multi-Purpose Room - Large

#8718 6/28/2006 - 8/23/2006 Wed

4 - 4:30 pm

Activity Fee \$50.00

#8719 6/28/2006 - 8/23/2006 Wed

4:30 - 5 pm

Activity Fee \$50.00

## Beginning Ballet

*Ages 5 - 10*

For the more serious dance student, this class offers an introduction to ballet vocabulary. The five positions, proper alignment, and large traveling steps across the floor are emphasized. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and ballet slippers, and have hair secured.

**Location:** Multi-Purpose Room - Large

#8684 6/28/2006 - 8/23/2006 Wed

5 - 5:45 pm

Activity Fee \$70.00

## Intermediate Ballet

*Ages 6 - 10*

This ballet class is based on correct anatomical positioning as well as aesthetics. Includes full warm-up, with an emphasis on correct body alignment to minimize injury and strengthen technique. Center work to include full range of motion, from precise movement to soaring across the space. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear leotards, tights, and ballet slippers, and have hair secured. Some experience required.

**Location:** Multi-Purpose Room - Large

#8721 6/28/2006 - 8/23/2006 Wed

5:45 - 6:30 pm

Activity Fee \$70.00

## Private Piano Lessons

*All Ages*

Private Piano lessons for ages 5 and up. These lessons are individually tailored to each student's needs and level. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session. Pending instructor availability.

Activity Fee \$120

## Stringed Instrument Lessons

*All Ages*

Meadowbrook staff member Wes Wedell, a performing musician in his 'spare time' (& founder of the Puget's Sound concert series at Meadowbrook), offers private instrument lessons for guitar (most styles), bass, mandolin, & perhaps other stringed instruments (make an offer. . .). Students should have their own instruments. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session.

Activity Fee \$120 or \$25/ lesson

## Private Flute Lessons

*All Ages*

Private Flute lessons for ages 5 and up. Private lessons give individuals a lot of attention and positive feedback in a comfortable setting. Scales and songs will be taught. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session. Instructor: Carol Crowell

Activity Fee \$120

## Private Oboe Lessons

*All Ages*

The Oboe has a reputation of being the ill wind that no one blows well! If you are an oboe enthusiast and want to become a better player, reed maker and musician overall, why not take a private lesson? Students should have their own instrument. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. There are eight classes per session.

Activity Fee \$120 or \$15/lesson



# LEARNING & DEVELOPMENT

## Whole Body Writing Camp

*Ages 8 - 12*

The best writing transports the reader into another world by using the five senses of sight, sound, touch, taste, and smell to add authenticity. In this class, we'll engage our senses through games, food, art, music and more and then articulate our experiences through creative writing, be it poetry, fiction or memoir! For children who like to write!

**Location:** Room 23 - Medium

#8722 7/10/2006 - 7/14/2006 M, T, W, Th, F 10 am - 12 pm

Activity Fee \$75.00

## Get Knitty With It

*Ages 8 - 12*

Everybody is knitting and so can you! This class will cover the knit(garter stitch), casting on, binding off, increasing and decreasing, yarn and needle basics and more! We will be knitting cool bookmarks to take home. Class fee includes a \$15 supply fee.

**Location:** Room 23 - Medium

#8720 7/25/2006 - 8/8/2006 Tue

3:30 - 4:30 pm

Activity Fee \$45.00

# OUT OF SCHOOL CARE/CAMPS

## SUMMER DAY CAMP

*Grades 1-5*

Meadowbrook will be offering its usual summer fun at the center focusing on the younger age groups. Activities will include weekly field trips, arts & crafts, cooking projects, gym time, environmental learning and swimming.

### Room 01 - Medium

#### WEEK 1

#6352 6/26/2006 - 6/30/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 2

#6354 7/3/2006 - 7/7/2006

Mon, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Short Week \$108, 2nd Child Discount \$104.00

#### WEEK 3

#6355 7/10/2006 - 7/14/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 4

#6356 7/17/2006 - 7/21/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 5

#6357 7/24/2006 - 7/28/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 6

#6358 7/31/2006 - 8/4/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 7

#6360 8/7/2006 - 8/11/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 8

#6361 8/14/2006 - 8/18/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 9

#6362 8/21/2006 - 8/25/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

#### WEEK 10

#6363 8/28/2006 - 9/1/2006

Mon, Tue, Wed, Thu, Fri 7 am - 6 pm

Day Camp - Full Week \$135.00, 2nd Child Discount \$130.00

## MIDDLE SCHOOL CAMP

The Meadowbrook Teen Camp will be held at the Pinehurst Park. There is a new basketball court and a field located just outside the doors, to offer plenty of room for capture the flag and other field games. Teens will come to Meadowbrook to go swimming once a week and use the kitchen for cooking projects. There will also be weekly field trips. Address 12029 14th Ave NE

### MIDDLE SCHOOL #1

Pinehurst Field House

#6365 6/26/2006 - 6/30/2006

Mon, Tue, Wed, Thu Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #2

#6366 7/3/2006 - 7/7/2006

Mon, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Short Week \$108, 2nd child discount \$104.00

### MIDDLE SCHOOL #3

#6367 7/10/2006 - 7/14/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #4

#6368 7/17/2006 - 7/21/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #5

#6369 7/24/2006 - 7/28/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #6

#6370 7/31/2006 - 8/4/2006

Mon, Tue, Wed, Thu Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #7

#6372 8/7/2006 - 8/11/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #8

#6373 8/14/2006 - 8/18/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #9

#6374 8/21/2006 - 8/25/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00

### MIDDLE SCHOOL #10

#6375 8/28/2006 - 9/1/2006

Mon, Tue, Wed, Thu, Fri 9 am - 5 pm

Day Camp - Full Week \$135.00, 2nd child discount \$130.00



# OUT OF SCHOOL CARE/CAMPS

Fun, creative, and safe! This before and after school program is filled with activities. Instead of staying home, come join us for games, arts & crafts and indoor sports. The Seattle Parks Department in conjunction with the community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks Department sites. The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable. Snow days and strike days are not included in the monthly fee and will be offered at \$29 per day. Fees must be paid between the 20th and 25th of the month prior to service. If the fees are not paid by the 1st school day of each month, your child will not be permitted to stay at the center. In accordance with City of Seattle Parks and Recreation policy, program payment must be made prior to services rendered. Explanation of Fees: The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). Sorry, we cannot take drop-in participants. You must register for the specific days of the week you wish to attend. TRANSPORTATION: Children attending school within 6 blocks of the community center will walk to/from school with a staff person. Children attending a Seattle Public School further than 6 blocks but within the "cluster" that includes the community center will use Public School bus transportation. Parents of children with special needs should consult with the community center staff.

## Childcare - Before School

**Ages 6 - 12**

Before school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

### BEFORE SCHOOL - SEPTEMBER

#9235 9/5/2006-9/29/2006 M, T, W, Th, F 7 am - 9 am  
Before School - 5 day \$160.00, Before School - 4 day \$145.00,  
Before School - 3 day \$120.00, Before School - 2 day \$95.00,  
Before School - 1 day \$50.00, Before School - 5 day (2nd Child Discount) \$150.00

### BEFORE SCHOOL OCTOBER

#9236 10/2/2006-10/31/2006 M, T, W, Th, F 7 am - 9 am  
Before School - 5 day \$160.00, Before School - 4 day \$145.00,  
Before School - 3 day \$120.00, Before School - 2 day \$95.00,  
Before School - 1 day \$50.00, Before School - 5 day (2nd Child Discount) \$150.00

### BEFORE SCHOOL NOVEMBER

#9237 11/1/2006-11/30/2006 M, T, W, Th, F 7 am - 9 am  
Before School - 5 day \$160.00, Before School - 4 day \$145.00, Before School - 3 day \$120.00, Before School - 2 day \$95.00, Before School - 1 day \$50.00, Before School - 5 day (2nd Child Discount) \$150.00

### BEFORE SCHOOL DECEMBER

#9238 12/1/2006-12/15/2006 M, T, W, Th, F 7 am - 9 am  
Before School - 5 day \$160.00, Before School - 4 day \$145.00, Before School - 3 day \$120.00, Before School - 2 day \$95.00, Before School - 1 day \$50.00, Before School - 5 day (2nd Child Discount) \$150.00

## Childcare - After School

**Ages 6 - 12**

After school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

Room 11 - Medium

### AFTER SCHOOL - SEPTEMBER

#9231 9/5/2006-9/29/2006 M, T, W, Th, F 3 pm - 6 pm  
After School - 5 day \$245.00, After School - 4 day \$230.00,  
After School - 3 day \$190.00, After School - 2 day \$135.00,  
After School - 1 day \$85.00, After School - 5 day (2nd Child Discount) \$235.00

### AFTER SCHOOL - OCTOBER

#9232 10/2/2006-10/31/2006 M, T, W, Th, F 3 pm - 6 pm  
After School - 5 day \$245.00, After School - 4 day \$230.00,  
After School - 3 day \$190.00, After School - 2 day \$135.00,  
After School - 1 day \$85.00, After School - 5 day (2nd Child Discount) \$235.00

### AFTER SCHOOL - NOVEMBER

#9233 11/1/2006-11/30/2006 M, T, W, Th, F 3 pm - 6 pm  
After School - 5 day \$245.00, After School - 4 day \$230.00,  
After School - 3 day \$190.00, After School - 2 day \$135.00,  
After School - 1 day \$85.00, After School - 5 day (2nd Child Discount) \$235.00

### AFTER SCHOOL - DECEMBER

#9234 12/1/2006-12/15/2006 M, T, W, Th, F 3 pm - 6 pm  
After School - 5 day \$245.00, After School - 4 day \$230.00,  
After School - 3 day \$190.00, After School - 2 day \$135.00,  
After School - 1 day \$85.00, After School - 5 day (2nd Child Discount) \$235.00

## Winter Break

**Ages 6 - 12**

Meadowbrook is offering a great camp for kids (grades K-5). The week will be packed with fun and exciting activities. A completed medical authorization/permission form must be on file at the complex.

### WINTER BREAK WEEK 1

Room 01 - Medium

#9239 12/18/2006-12/22/2006 M, T, W, Th, F 7 am - 6 pm  
Day Camp - Full Week \$145, Second Child \$140.00

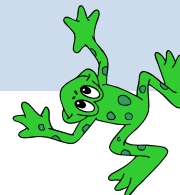
### WINTER BREAK WEEK 2

Room 01 - Medium

#9239 12/18/2006-12/22/2006 M, T, W, Th, F 7 am - 6 pm  
Day Camp - Full Week \$116, Second Child \$112.00



# PRESCHOOL



Our preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate.

Enrollment for the 2006/2007 school year will begin on April 25<sup>th</sup> at 10:00am. There is a \$30 non-refundable registration/supply fee due at the time of registration. The fees for 2006/2007 are as follows:

Frogs: \$190/\$165

Geckos: \$232/\$200

Tadpoles: \$120/\$100



## TADPOLES Preschool

Ages 2 1/2 – 3 1/2

This class designed for the first time student, will help your child transition from home to the world of friends and social play. Your child will experience nature, art, science, outdoor play, story time, music and drama.

Room 10 - Medium

**TADPOLES PRESCHOOL - OCTOBER** Activity Fee \$100.00  
#9108 9/12/2006-9/29/2006  
Tue, Thu 10 am - 12 pm

**TADPOLES PRESCHOOL - OCTOBER** Activity Fee \$100.00  
#9109 10/3/2006 - 10/30/2006  
Tue, Thu 10 am - 12 pm  
\*CLOSED 10/24 AND 10/26

**TADPOLES PRESCHOOL - NOVEMBER** Activity Fee \$120.00  
#9110 11/2/2006 - 11/29/2006  
Tue, Thu 10 am - 12 pm

**TADPOLES PRESCHOOL - DECEMBER** Activity Fee \$100.00  
#9111 12/2/2006 - 12/15/2006  
Tue, Thu 10 am - 12 pm

## GECKOS Preschool

Ages 4 - 5

This class will focus on preparing your child for Kindergarten. The curriculum will include pre-reading and writing skills, math concepts, socialization, and basic Spanish words and phrases.

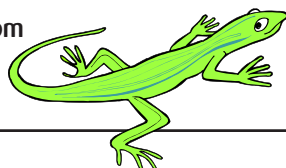
Room 10 - Medium

**GECKOS PRESCHOOL - SEPTEMBER** Activity Fee \$195.00  
#9116 9/11/2006 - 9/29/2006  
Mon, Tue, Wed, Thu 1 pm - 4 pm

**GECKOS PRESCHOOL - OCTOBER** Activity Fee \$195.00  
#9117 10/2/2006-10/30/2006  
Mon, Tue, Wed, Thu 1 pm - 4 pm  
\*CLOSED 10/23-10/26

**GECKOS PRESCHOOL - NOVEMBER** Activity Fee \$225.00  
#9118 11/1/2006-11/29/2006  
Mon, Tue, Wed, Thu 1 pm - 4 pm

**GECKOS PRESCHOOL - DECEMBER** Activity Fee \$225.00  
#9119 12/1/2006-12/15/2006  
Mon, Tue, Wed, Thu 1 pm - 4 pm



## FROGS Preschool

Ages 3 - 4

Room 10 - Medium

**FROGS PRESCHOOL - SEPTEMBER** Activity Fee \$165.00  
#9112 9/11/2006 - 9/29/2006  
Mon, Wed, Fri 9 am - 12 pm

**FROGS PRESCHOOL - OCTOBER** Activity Fee \$190.00  
#9113 10/2/2006 - 10/30/2006  
Mon, Wed, Fri 9 am - 12 pm  
\*CLOSED 10/23, 10/25, AND 10/27

**FROGS PRESCHOOL - NOVEMBER** Activity Fee \$190.00  
#9114 11/1/2006 - 11/29/2006  
Mon, Wed, Fri 9 am - 12 pm

**FROGS PRESCHOOL - DECEMBER** Activity Fee \$165.00  
#9115 12/1/2006 - 12/15/2006  
Mon, Wed, Fri 9 am - 12 pm

# FUN WITH ART

## Art Adventure

Ages 3 - 5

Location: Room 23 - Medium

**ART ADVENTURE #1: CRAZY CIRCUS**

Lions, Tigers, and Clowns, OH MY! Art projects for under the Big Top.

#8679 7/18/2006 - 7/20/2006 T, W, Th 10 am - 12 pm  
Activity Fee \$80.00

**ART ADVENTURE #2: BEACH BUMS**

Sand Castles and Driftwood creatures! Watery art projects and seashell creations!

#8680 7/31/2006 - 8/3/2006 M, W, Th 1 - 3 pm  
Activity Fee \$80.00

**ART ADVENTURE #3: CAMPING CRAFT**

Art projects inspired by camping and the forest. Woodland fairy houses, pine cone creations, "walking sticks" and more!

#8681 8/22/2006 - 8/24/2006 T, W, Th 10 am - 12 pm  
Activity Fee \$80.00

## Art Attack

Ages 3 - 5

Do your children love to make a mess with their art work? We will let your children go wild with paint, clay and miscellaneous art supplies. Please dress your child in clothing that you won't mind getting dirty.

Location: Room 23 - Medium Activity Fee \$66.00  
#8682 7/11/2006 - 8/1/2006 Tue 1 - 3 pm

## Art Escape

Ages 4 - 5

For the artistic and adventuresome preschooler, Art Escape allows students to dabble in a wide range of arts including culinary arts, sculpture, painting, theatre, music and more. Please dress children in clothing that permits free movement and can get a bit messy in the artistic process. On fair weather days, we may seek inspiration outside; so sturdy shoes are a must!

Location: Room 23 - Medium Activity Fee \$66.00  
#8683 6/29/2006 - 7/27/2006 Thu 1 - 3 pm



# MEADOWBROOK TEEN CENTER

10750 30<sup>th</sup> Ave NE • Seattle, WA 98125 (located on southeast corner of Nathan Hale High School, entrance on 30<sup>th</sup> Ave NE & 107<sup>th</sup>)  
Tues – Thursday 2:30 pm – 9:00 pm; Friday 2:30 pm - 11:00 pm, Saturday 7:00 pm – 11:00 pm

To inquire or register for classes, stop by the Meadowbrook Teen Center or call 206.684.7523 or email mbrktlc@seattle.gov

(All programs are free of charge unless otherwise noted)

## Teen Advisory Council Meetings

**Dates and Times TBD**

Be apart of the Meadowbrook Teen Advisory Council and earn your service-learning credits for school. Learn to use your voice to affect those around you in a positive way. Join the Meadowbrook Teen Advisory Council and together we can empower ourselves and the community around us.

## Service Learning Hours

Meadowbrook Teen Center is working closely with High School students who have service learning criteria or who are interested in helping their community. If interested, stop by the Meadowbrook Teen Center to pick up your application form!

## Movie Madness **Every Thursday Starting at 6pm**

Come enjoy your favorite movies, documentaries, animations, and short films during the Teen Centers weekly movie shows. Registration is simple. Snack and refreshments are available.

## Golden Gardens **July 27<sup>th</sup> – 1pm – 5pm**

Come down to Golden Gardens Bathhouse and enjoy some fun in the sun as we participate in various activities...music, volleyball, environmental education and more!

## Future Leaders **Tuesdays and Thursdays 5pm – 7pm**

This is a program for males/females aged 13 – 19 to discuss teen issues and provide our future leaders with a positive environment in which they can express themselves. So if this sounds interesting sign up @ the Teen Center Front Desk.

## Computer Science **Program Times TBD**

The goal of the computer science program is to introduce students to the world of computer science by utilizing self-paced, user friendly software and computer literate instructors (lectures). The program will offer a series of courses that build upon each other. There are two specific levels for the computer science program. The first course will be implemented immediately after obtaining the software. The second course will begin once students grasp the concepts of the introductory level.

- **Beginners/Introductory Level 1** - will teach students the fundamentals of Microsoft Office, the use of peripherals and basic word processing. The course lectures will familiarize students to computer jargon and explore the evolution of computers.

- **Intermediate Level 2** - will teach students the fundamentals of the four basic computer applications: Data Base Management, Spreadsheets, Word Processing and Communications. The course also teaches students how to use desktop publishing, group project publishing and how to create documents with data-driven graphics.

## Culinary Arts

(Limited spaces available)

The culinary arts program is designed to expose teens to the realms of the food-service industry. Contact front desk for more information!

## Free Guitar Lessons **Wednesdays starting at 6pm**

The programs purpose is to give underprivileged youth of all ages (13-18) and ethnic backgrounds the opportunity to gain new experiences and skills by learning to play the guitar. The program is designed for someone with little or no experience. Class will begin by exploring the roots of Rock with an easy to follow look at basic Rock chords, scales, lead patterns and exercises. Class will then transition to identifying the key components of lead guitar, the basics of Blues and the foundation of Rock.

## Free Drum Lessons **Thursdays starting at 6pm**

Starting on the snare, the program will concentrate on stick control, counting and playing rhythms, and correct technique. Class will then progress to the full drum kit, showing in detail several rhythm patterns, fills, and correct playing techniques. Class will also include proper techniques associated with assembling and tuning the drum kit.

## Drop in Activities **Tuesday – Friday**

Activities....Foosball, Ping-Pong, Pool, Xbox, Dominoes, Cards, Music, and many other fun drop-in games.

## Music Studio

(Studio is subject to user fees)

Interested in the Music scene? Can you sing, rap, produce or recite poems? If you answered yes to any of the above questions, come sign up to be apart of the Meadowbrook Teen Center music movement. The Teen Center has a state of the art music room and equipment for use by the teens who want to further their career in the music industry or to even just learn how it all goes down.

## Environmental Education Program

(Programs are subject to enrollment costs)

Are you interested in the environment or the outdoors?? Through its environmental education program, the Teen Center nurtures leadership skills, critical thinking, and draws people of wide-ranging ethnic groups, cultures, and abilities into efforts to protect the environment.

## Summer Nights @ Meadowbrook Teen Center Dinner and A Movie

Every 2<sup>nd</sup> Thursday of the Month

## Wild Waves/Enchanted Village Theme Park

August 23<sup>rd</sup>

\$15.00/Per Ticket

*These classes and events are great fun ... please join us!*

MORE TEEN ACTIVITIES ON THE NEXT PAGE!

# FOR TEENS ONLY

## LATE NIGHT RECREATION PROGRAM for TEENS ages 13-19

FRIDAY AND SATURDAYS – 7:00PM – 12:00AM

FREE!!!!

MEADOWBROOK TEEN CENTER

10750 30<sup>TH</sup> AVE NE – (206) 684-7523

Providing our teens with a positive alternative to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring. The late night program is open to youth in middle school and high school who are interested in making a positive change in themselves and their community. Activities include, but are not limited to: arts & crafts, volleyball, dances, cooking, video games, food, basketball and more!

### Friday Night-Middle School Only

1<sup>st</sup> Friday – Music Studio

2<sup>nd</sup> Friday – Culinary Arts

3<sup>rd</sup> Friday – Teen Swim @ Meadowbrook Pool (Middle/High School)

4<sup>th</sup> Friday – Pizza & a Movie

### Saturday Night-High School Only

1<sup>st</sup> Saturday – Culinary Arts

2<sup>nd</sup> Saturday – Pizza & a Movie

3<sup>rd</sup> Saturday – Game Room Tournament (Pool, Ping-Pong, X-Box, etc...)

4<sup>th</sup> Saturday – Special Event /Field Trip

## Special Events for Teens

### Co-Ed Flag Football

Beginning Week of July 18<sup>th</sup>

This will be a 7-on-7 non-contact Tournament for both Middle School and High School Teens. Teams are required to have 2 or 3 Female participants to be eligible.

Sign up at Teen Center Front Desk!

### End of Summer Back to School Party

August 25<sup>th</sup> – 3:00pm – 7:00pm

Come and enjoy food and beverages as we celebrate the end of summer. Other activities to include 3-on-3 tournament, softball game, ping-pong and more

# SENIOR ACTIVITIES

## N.E. REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist (206) 386-9106

e-mail: [jayla.mcgill@seattle.gov](mailto:jayla.mcgill@seattle.gov)

**Spring Quarter Dates:** July 3-August 18 (11 weeks)

No class July 3 & September 4

**Make-Ups:** We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

**Registration begins June 19.** Class dates/times are subject to change.

**Mail Checks payable to "SAAC":** Sr Adult Pgrms, Attn: Jayla, 8061 Densmore Ave N, Seattle, 98103.

### NE Division Sites:

Green Lake CC ..... 7201 E Green Lk Dr N  
Laurelhurst CC ..... 4554 NE 41st St  
Meadowbrook CC ..... 10517 – 35th Ave NE  
Ravenna-Eckstein CC ..... 6535 Ravenna "Ave" NE  
Magnuson CC/Bldg 47 ..... 7110 – 62nd Ave NE  
Magnuson Brig/Bldg 406 ..... 6344 NE 74th St

## AEROBICS AND FITNESS

### SENIOR AEROBICS

**\$20-1 day week**

Feel better with upbeat fitness! Certified instructors.

J. Shearer Mon 10:15 am Ravenna-Eckstein

L. Haynes \*M/W 9:00 am Magnuson Gym

\*No class Aug 21, 23.

J. Shearer Thur 9:00 am Ravenna-Eckstein

### BODY CONDITIONING

**\$25-1 day week**

Dynabands / free weights for over-all strength conditioning.

D. Gotches Thur 10:30 am Green Lake

### SUMMER WALK & TONE

**\$20/1 day week**

Enjoy an outdoor fitness opportunity: 30 min. walking / cardiovascular; 30 min. stretch/strength with bands. Dress for weather. Meet by Basketball Hoop on 45th St.

C. Lorenz Tu/Th 9:30am View Ridge Pk/4408 NE 70th St

### ENHANCE FITNESS

**\$20-1 day wk**

Aerobic fitness designed for seniors; includes standards for measured progress. Taught by certified instructor. Free to Group Health Members with Part B Medicare Coverage.

C. Purdy Tues 8:15-9:15 am Mgs/Bldg 406/Viewridge

B. Jindrich Thur 8:15-9:15 am Mgs/Bldg 406/Viewridge

### YOGA & MEDITATION

**\$25-1 day week**

Gentle stretching to keep limber and build muscles. All levels.

J. Robin Tues 9:00 am Ravenn-Eckstein

J. Robin Wed 9:00 am Meadowbrook

J. Robin Fri 9:00 am Meadowbrook

### TAI CHI (Wu Style)

**\$25-1 day week**

Fall prevention strategies, improved circulation, slow, gentle, short movements. **No class Aug 2, 4.**

J. Proebstel Wed 10:00 am Green Lake

J. Proebstel Fri 11:45 am Mgs/Bldg 406/Garden Rm

\*J. Proebstel Fri 1:00 pm Mgs/Bldg 406/Garden Rm

\*Intermediate/Continuation of 1st class, learn more complex skills.

# SENIOR ACTIVITIES

## PICKLEBALL

**\$1.00 drop-in fee per session**

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please pre-register by calling 206-386-9106.

Mon/**Beginning** 11:30-1 pm Ravenna-Eckstein

\*Tues/**Beginning New Time!** 10-12 pm Magnuson/Gym

\*No play Aug 15, 22.

Thur 10-11:15 am Meadowbrook

Thur/**Beginning** 11:15-12:30 pm Meadowbrook

## LINE DANCING

**\$20/quarter**

Get out on that dance floor and move to the music! Great for body & soul! No experience partner needed.

J. McGill Wed 8:45 am Ravenna-Eckstein

\*J. McGill Fri/**Beg.** 9:00 am Mgs/Bldg 406/Viewridge

\*J. McGill Fri/**Int.** 10:00 am Mgs/Bldg 406/Viewridge

\*No class Aug 25.

## TRIPS AND TOURS

**Green Lake Wed 10:00 am Aug 2-Sept 6 \$5/6 wks**

Seattle Parks & Recreation / Swedish Medical Center bring you a walk program for all fitness levels. Meet at Green Lake Community Center; stretch as a group, walk around Green Lake; Set a walk goal; no-host lunch on last day. Pre-register at 206-386-9106.

**Sound Steps at Meadowbrook CC Free**

Walks around the neighborhood, including the Meadowbrook Pond and Playfield areas. Meet in the Lobby. Questions: 206-386-9106.

Fridays 11:30 am

**Sound Steps at Magnuson CC Free**

Walkers meet at Matthews Beach parking lot off of Sand Point Way. Questions: 206-386-9106.

Saturdays 11:00 am

**Woodland Park Zoo Tu/Th Jul 6-Sept 28 \$10/12 wks 9:15 Warm Up Exercises / 9:30-10:45 Zoo Walk**

Woodland Park Zoo/Group Health Cooperative/Seattle Parks & Recreation invite you to join Senior Zoo Walkers. Warm up with a Fitness Leader; morning time is often when the animals are most active. Register by mailing \$10 payable to Woodland Park Zoo Society with name, address, phone, emergency phone, if need park pass, Group Health Number if member to: Woodland Park Zoo, 601 N 59<sup>th</sup> St, Seattle 98103.

## SPECIAL EVENTS

**Dancing For The Dream**

**\$30/Pre-registered**

**\$35/Pre-registered after Aug 25/\$40 at the door**

Join us for a day of fun, easy-to-do & easy-to-remember line dances taught by international, national and local instructors. Beginner-to-experienced levels. Ms. Scooter Lee, international recording dance artist, is host for the day. Includes lunch, raffle prizes, program booklet, goodie bag. **Fee is tax deductible.** Questions: 206-386-9106. Register by calling 1-800-531-4379 Toll Free; or www.dancingforthedream.com online.

Sat Sep 2 10 am - 4 pm Ravenna-Eckstein CC Gym

**Movies on the BIG SCREEN at Magnuson Free**

Classic films presented weekly at the Magnuson CC Auditorium. See them the way they were intended to be seen! Matinee and Evening Showtimes. Call 206-386-9106 for movie listings and times.

## DAY TRIPS

### TRIP REGISTRATION INFORMATION

**\*MAKE CHECKS PAYABLE TO: S A A C**

**\*MAIL CHECKS TO:** Senior Programs, Att: Jayla, 8061 Densmore Ave. N., Seattle - 98103

**Trip Registration:** Register by calling 386-9106 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations subject to change. When you call, leave name, phone, trip name & pick-up site. You'll ONLY be called back if on the Wait List. **\*Payment must be received 5 working days prior to trip.**

### PICK-UP SITES:

Magnuson CC ..... 7110 - 62<sup>nd</sup> Ave NE

Meadowbrook CC ..... 10517-35th NE

Ravenna-Eckstein CC ..... 6535 Ravenna Ave NE

Green Lake CC... 7201 E Green Lake Dr N

Lower Woodland ..... 55th & Green Lake Way N (South of Green Lake Golf Pitch & Putt Course)

**South Bound Trips:** Meadowbrook-leave 30 min, Ravenna-Eckstein-15 min, Green Lake-5 min, before time listed; Lower Woodland at trip time.

**North Bound Trips:** Lower Woodland-leave 30 min, Green Lake-25 min, Ravenna-Eckstein-15 min before time listed; Meadowbrook at trip time.

**Magnuson CC ..... Call for pick-up times.**

**Lavender Fields of Sequim**

**\$15.00**

We'll ferry over (fees included) to sunny Sequim and visit Purple Haze Lavender fields then on to Cedarbrook Lavender & Herb Farm. Lunch in between, on your own, in Sequim. Register June 22.

Mon Jul 10 8:30 - 5 pm N-Bnd

**Historic Diablo Lake Cruise**

**\$15.00**

Travel by motorcoach via a narrow canyon highway and across massive Diablo Dam, then board the Alice Ross III for a cruise on glacier-fed Diablo Lake. Bring \$20 cash on trip day for cruise fee. **Pre-ordered \$10 picnic lunches** available (crispy baked chicken, potato salad), bring your sack lunch, or purchase sandwiches, snacks, beverages at General Store. Register Jun 23.

Fri Jul 21 8:30 - 6:30 pm N-Bnd

**Emerald Queen Casino**

**\$6.50**

Choose from over 2,000 dynamic video slots, thrilling live action Keno, 56 of your favorite Vegas-style games. Ample non-smoking area, lunch on your own. Fun stops on the way home at Morning Sun Outlet Store, Brown & Haley Chocolates! Register Jul 7.

Mon Jul 31 9-4 pm S-Bnd

**Mariner's Game**

**\$30.00**

Time to get your Sodo Mojo on. Watch the M's vs. the Toronto Blue Jays. We will be sitting in foul ball territory by Third Base! Along with your ticket you get a free hot dog and soda - such a deal!! Register June 21.

Wed Aug 9 12-5:30 pm

**Western Days Sale!**

**\$5.00**

Marysville Goodwill showcases it's vast array of western goods at a special sale. After we shop till we drop we'll feast on the buffet lunch at Tulalip Casino (on your own). Register July 28.

Fri Aug 18 9:30 - 2 pm

**Menopause The Musical!**

**\$3.50**

A celebration of women who are on the brink of, in the middle of, or have survived *The Change!* Bring \$39 cash ticket price on trip day. Register June 30.

Sat Aug 26 3:00 - 7:00 pm



# Meadowbrook Pool

If you're not wet, we're not happy!

## Meadowbrook Swimming Pool

10515 35th Ave NE  
Seattle WA 98125  
(206) 684-4989  
TDD only (206) 233-7061

### Summer 2006, June 19–Sept. 3, 2006 Front Desk Hours:

Monday through Friday ..... 9:30AM-8:00PM  
Saturday ..... 7:00AM-6:00PM  
Sunday ..... Closed

### Closures:

Tuesday, July 4, 2006 ..... Independence Day  
August 6–20, 2006 ..... Maintenance Closure

### Professional Staff:

Kathy Whitman ..... Aquatics Manager  
Scott Ferry ..... Acting Coordinator  
Tiffany Jordan ..... Acting Assistant Coordinator  
Michael Wiles ..... Pool Operator  
Jody Barteo ..... PPT Cashier  
Caroline Marshall, Adam Swarm,  
Tyler Martin ..... Senior Lifeguards  
*And a bunch of other really great people!*

### Fees & Admission Information:

Under 1 year ..... FREE  
Youth ages 1-18 ..... \$2.75  
Adults ages 19–64 ..... \$3.75  
Senior Adults ages 65 and better ..... \$2.75  
Special Populations ..... \$2.75  
Water Fitness Classes ..... \$4.75/\$3.00 (Sr.)  
Masters Workout ..... \$4.75/\$3.00 (Sr.)

### Swim Tickets:

FAST Pass ..... \$45.00/\$35.00 (Sr, Youth, Spec Pop)  
Recreational Punch Card ..... \$20.00 (\$22.00 value)  
Fitness Punch Card ..... \$30.00 (\$33.00 value)

### Equipment Rentals (all prices include tax):

Towels ..... \$0.50  
Showers ..... \$3.75  
Lockers ..... \$0.25

## RECREATIONAL SWIMMING

### Adult & Senior Swim

Monday–Saturday ..... Noon-1:30PM  
Tuesday & Thursday\* ..... 9:00-10:00PM

*Adult/Senior Swim:* Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming. **\*FastPass or Recreational Punch Card required.**

### Lap Swim

Monday–Friday (EMLS)\* ..... 6:00-7:30AM  
Mon/Wed/Fri/Sat ..... 5:30-6:30PM  
Saturday ..... 7:00-8:30AM

*Early Morning Lap Swim:* (EMLS) 2 double-wide lanes and 2 single-wide lanes. **\*FastPass or Recreational Punch Card required.**

*Lap Swim and Saturday Morning:* 4 single wide lanes (very fast, fast, and 2 medium lanes) and 1 double wide lane for slow lap swimming.

### Pool Playland

Monday & Friday ..... 10:00-11:00AM  
A “gentle” public swim featuring water toys like the little slide and noodles. Especially good for younger kids and their big people.

### Floatie Toy Swim

Fridays ..... 4:00-5:00PM  
This swim includes use of all our fun floatie toys, plus the diving boards, rope swing and water basketball. You must be 6 years of age or over 4 feet tall to be in the water without supervision.

### Family Swim (with lap lane available)

Tuesday & Thursday ..... 7:00-8:00PM  
Saturday Morning ..... 9:30-10:30AM  
Saturday Afternoon ..... 4:30-5:30PM  
Fun for the whole family! An excellent time to play. An adult must accompany children into the pool. Flotation aids and toys are allowed in the shallow end of the pool.

### Friday Fun Nights

Fridays ..... 7:30-8:30PM  
Spend your Friday nights at Meadowbrook Pool! Adults don't have to be in the water for this swim. Regular admission and height/age requirements apply.

## Public Swim

**Monday–Friday** ..... 1:30-3:00PM

**Monday\*** ..... 7:30-8:30PM

**Saturday (w/lap lane)**..... 1:30-3:00PM

Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult into the pool. Not all float toys allowed. (\*8:00-8:30PM shallow end only.)

## WATER FITNESS CLASSES

### Deep Water Exercise for Seniors

**\$4.75 Adult/\$3.00 Sr. Adult**

**Mon/Wed/Fri** ..... 11:15AM-Noon

We call this “exercise that feels good.” A deep water class using resistance/flotation equipment.

### High Energy Deep Water Exercise

**\$4.75 Adult/\$3.00 Sr. Adult**

**Mon–Thurs—*More days added!*** ..... 8:00-8:45PM

**Saturday** ..... 8:30-9:15AM

A deep water class using resistance/flotation equipment.

Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury. Great class with great music.

### Adapted Water Exercise

**\$4.75 Adult/\$3.00 Sr. Adult**

**Tue & Thurs** ..... 11:15-Noon

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

### “Masters” and Triathlon Workout with Stroke Refinement training

**\$4.75 Adult/\$3.00 Sr. Adult**

**Mon/Wed/Fri** ..... 6:30-7:30 PM

We offer a structured, specialized, and fun workout focusing on stroke technique, aerobic conditioning, and open water swimming. If you are a first time triathlete or a lap swimmer who wants to take it up a notch, we will help you with your form and your stamina. If you are a seasoned masters swimmer, come get a challenging and engaging practice.

### Open Water Swim Clinics!

Learn how to swim in a lake or the ocean for a race or for fun! This class is a must for preparing for the swim portion of a triathlon or for an open water swim of any type. Learn how to swim safely in a crowd, how to swim straight, and how to swim distance with the most efficiency! Be ready to get in the water. Sign up at Meadowbrook pool before August 5th for \$10 a session, or at the beach the day of at \$15 a session. These classes will be held at Madison Beach Wednesday, August 9th and 16th from 5:30-7:00PM.

## SWIMMING LESSONS

### Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

### Family Lesson...great price!

For 2 adults and 2 children under 6 years of age. The whole family gets in on the safety and basic skills for swimming.

### 3 Year Old Lessons

Small classes with a certified instructor to start your child on learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots or Family Lesson.

### Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4–5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

### Youth Lessons

Our Lessons have been designed by the American Red Cross to provide a thorough and structured progression of swimming skills for children ages 6-17. We have slightly modified these skills in the earlier levels to be more challenging and provide a smoother transition between levels. We use a station method of teaching which promotes more individual attention for all our students. And above all, we emphasize safety, fitness, and fun in our lessons!

If your child has not taken lessons before please sign up for the Level 1-3 time slot and we will evaluate your swimmer.

- **Level 1—Introduction to water skills:** getting comfortable with the face in the water and with floating and kicking on front and back.
- **Level 2—Fundamental aquatic skills:** front gliding and crawlstroke to turning over and kicking on the back.
- **Level 3—Stroke development:** crawlstroke, backstroke, treading water, and diving.
- **Level 4—Stroke improvement:** adds breaststroke, butterfly, and elementary backstroke to the previous skills.

**Have your next party at Meadowbrook Pool!** We offer two different party packages, so there is sure to be one that will fit your budget. See page 16 for details.

- **Level 5—Stroke refinement:** adds sidestroke, and longer distances and more refinement of the previous strokes.
- **Level 6—Personal water safety:** increased mastery of form and endurance in all the strokes plus safety and rescue techniques.

## Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. **For additional Special Populations programs call 684-4950.**

## One to One Swimming Lessons

**One student:** ½ hr. / \$25.00

**Two students:** ½ hr. / \$35.00

Private lessons are offered Monday–Friday from 3:00–3:30PM and 3:30–4:00PM; Fridays from 5:00–5:30PM; and Saturdays from 3:30–4:00PM. Sign up begins Thursday, June 15 at 4:00PM. Three (3) classes minimum required when signing up.



**If you're not wet,  
we're not happy!**

## MEADOWBROOK POOL SUMMER-AT-A-GLANCE 2006

10515 35th Avenue NE • (206) 684-4989 • [www.seattle.gov/parks/aquatics/meadowbrookpool.htm](http://www.seattle.gov/parks/aquatics/meadowbrookpool.htm)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 AM	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
07:00 AM						Lap Swim 7-8:30
07:30 AM	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	
08:00 AM	7:30-9:30	7:30-9:30	7:30-9:30	7:30-9:30	7:30-9:30	
08:30 AM						Deep Water EX
09:00 AM						8:30-9:30
09:30 AM	Lessons 9:30-10	Lessons	Lessons	Lessons	Lessons 9:30-10	Family Swim
10:00 AM	Pool Playland	9:30-11:00	9:30-11:00	9:30-11:00	Pool Playland	9:30-10:30
10:30 AM	10:00–11:00				10:00–11:00	Lessons
11:00 AM	Deep Water EX	Adapted Water EX	Deep Water EX	Adapted Water EX	Deep Water EX	10:30-12:00
11:30 AM	11:15–Noon	11:15–Noon	11:15–Noon	11:15–Noon	11:15–Noon	
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult swim	Adult Swim
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30
01:00 PM						
01:30 PM	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
02:00 PM	1:30–3:00	1:30-3:00	1:30-3:00	1:30-3:00	1:30-3:00	1:30-3:00
02:30 PM						
03:00 PM	Lessons	Lessons	Lessons	Lessons	Lessons	Lessons
03:30 PM	3:00-5:30	3:00–7:00	3:00-5:30	3:00–7:00	3:00–4:00	3:00– 4:30
04:00 PM					Floatie Toy Swim	
04:30 PM					4:00-5:00	Family Swim
05:00 PM					1:1 Lessons	4:30-5:30
05:30 PM	Lap swim		Lap swim		Lap Swim	Lap Swim
06:00 PM	5:30-6:30		5:30-6:30		5:30-6:30	5:30-6:30
06:30 PM	Masters		Masters		Masters	Party Rentals
07:00 PM	6:30-7:30	Family Swim	6:30-7:30	Family Swim	6:30-7:30	see pg. 16 for
07:30 PM	Public Swim 7:30	7:00-8:00	Adult Instruction	7:00-8:00	Friday Fun Night	details
08:00 PM	Deep Water EX	Deep Water EX	Deep Water EX	Deep Water EX	7:30–8:30	
08:30 PM	8:00–8:45	8:00–8:45	8:00–8:45	8:00–8:45		
09:00 PM		Adult Swim		Adult Swim		
09:30 PM		9:00-10:00		9:00-10:00		

### 2006 Summer Schedule—June 19–September 3, 2006

We will be closed in observance of Independence Day, July 4, 2006.

**Please Note! Meadowbrook Pool will be closed August 6–20 for annual maintenance.**



## SWIMMING POOL LESSON SCHEDULE—SUMMER 2006

	CLASS	DAY	TIME	DATES	# OF LESSONS	FEE
SESSION 1	<b>Tots</b> (Parents and tots)	Tuesday*	6:30–7:00PM	June 27–Aug 1	5	\$25.00
		Wednesday	11:15–11:45AM	June 28–Aug 2	6	\$30.00
		Thursday	6:30–7:00PM	June 29–Aug 3	6	\$30.00
	<b>Family Lesson</b>	Saturday	11:30AM–Noon	July 1–Aug 5	6	\$30.00
	<b>3 Years Old</b>	Monday	5:00–5:30PM	June 26–July 31	6	\$48.00
		Wednesday	10:45–11:15AM	June 28–Aug 2	6	\$48.00
		Wednesday	5:00–5:30PM	June 28–Aug 2	6	\$48.00
	<b>Kinders</b> (4 and 5 Year Olds)	Monday	4:30–5:00PM	June 26–July 31	6	\$30.00
		Tue/Thurs*	6:00–6:30PM	June 27–Aug 3	11	\$55.00
		T/W/Th*	9:40–10:10AM	June 27–July 13	8	\$40.00
		T/W/Th*	4:30–5:00PM	June 27–July 13	8	\$40.00
		Saturday	10:30–11:00AM	July 1–Aug 5	6	\$30.00
	<b>Youth: Levels 1-3</b> (6 years old and up)	Monday	4:00–4:30PM	June 26–July 31	6	\$30.00
		T/W/Th*	10:15–10:45AM	June 27–July 13	8	\$40.00
		T/W/Th*	4:00–4:30PM	June 27–July 13	8	\$40.00
SESSION 2		Tues/Thurs*	5:30–6:00PM	June 27–Aug 3	11	\$55.00
		Saturday	11:00–11:30AM	July 1–Aug 5	6	\$30.00
		Saturday	4:00–4:30PM	July 1–Aug 5	6	\$30.00
	<b>Youth Level 4-6</b> (Child must pass L3)	Monday	5:00–5:30PM	June 26–July 31	6	\$30.00
		Tues/Thurs*	5:00–5:30PM	June 27–Aug 3	11	\$55.00
		Tues/Thurs*	6:30–7:00PM	June 27–Aug 3	11	\$55.00
		Saturday	11:30AM–Noon	July 1–Aug 5	6	\$30.00
	<b>Special Populations</b>	Saturday	3:00–3:30PM	July 1–Aug 5	6	\$30.00
	<b>Private Lessons</b>	Mon–Fri	3:00 or 3:30	min of 3 lessons	see prev. page	
		Friday	5:00–5:30PM	min of 3 lessons	see prev. page	
SESSION 3		Saturday	3:30–4:00PM	min of 3 lessons	see prev. page	
	<b>Adults</b>	Wednesday	7:30 -8:00	June 28–Aug 2	6	\$30.00
	<b>Kinders</b>	T/W/Th	9:40–10:10AM	July 18–Aug 3	9	\$45.00
		T/W/Th	4:30–5:00PM	July 18–Aug 3	9	\$45.00
	<b>Youth 1-3</b> (6 years old and up)	T/W/Th	10:15–10:45AM	July 18–Aug 3	9	\$45.00
		T/W/Th	4:00–4:30PM	July 18–Aug 3	9	\$45.00
	<b>Kinders</b>	M-Th	9:40–10:10AM	Aug 21–Aug 31	8	\$40.00
		M-Th	4:30–5:00PM	Aug 21–Aug 31	8	\$40.00
SESSION 4	<b>Youth 1-3</b>	M-Th	10:15–10:45AM	Aug 21–Aug 31	8	\$40.00
		M-Th	4:00–4:30PM	Aug 21–Aug 31	8	\$40.00
	<b>Youth 4-6</b>	M-Th	5:00–5:30PM	Aug 21–Aug 31	8	\$40.00

\* There will be no classes on Tuesday, July 4th.

### STEPS TO REGISTER FOR SWIMMING LESSONS

- **Mail-in Registration** begins Thursday, June 1st. Registration forms are available at the pool beginning May 25th and will be available during normal business hours. Only forms mailed in and postmarked between June 1st and June 8th, with correct payment and full information, will be processed. Please assume that you received your first choice of class unless notified by our friendly staff

- **Walk-in Registration** begins Tuesday, June 20th at 5:30 PM and will continue through the week until classes are filled.
- **Private Lesson Registration** begins Thursday, June 15th at 4:00 PM and will continue through the week until classes are filled.
- **Low Income Fees** available to those who qualify. Ask for details.

# Meadowbrook Pool

If you're not wet, we're not happy!

## Meadowbrook Summer Swim Team

**Starts June 26–August 5**

\$80.00 includes one hour of swimming Monday–Friday. Low income scholarships are available and this year 3rd or 4th graders can use their Pro Parks free lesson voucher and just pay the difference of \$20.00. **Be a part of our team, the Rocket Turtles!** Experience the fun of swimming and the thrill of competition. Summer Swim team is a training and workout program for youth ages 7–18. The emphasis is on team building, improving swimming skills and having fun! More questions? Just talk to any of our helpful cashiers or lifeguards.

## Summer Friday Fun Nights at the Pool

*Spend your summer nights here at Meadowbrook Pool! Every Friday evening from 7:30 – 8:30 we will have special swims that will offer fun for the whole family. Children swimming without adult supervision must be 6 years old or 4 feet tall. Good behavior is a must!*

### June 23: Summer Splash Bash (Luau y Fiesta)

Get tropical with our first fun swim of the Summer. Practice your Hula dances off the high dive!

### June 30: Yankee Doodle Pool

Celebrate the 4th of July early here with games and patriotic prizes!

### July 7: Buggin' Out

Everyone's bound to have a blast with our floating bugs! Forget the mosquitos, this swim is all about fun creepy crawlies.

### July 14: Life's A Beach Ball

Well maybe not a beach, but swimming with us, you're sure to have a ball! Play water volleyball, water basketball and more!

### July 21: Monkeyin' Around

Don't tell your kids to stop monkeying around! Bring them to the pool where games and prizes are all part of the monkey business!

### July 28: Build the Biggest Sundae

Come in at 7:00PM and watch your child build a sundae for themselves!

### August 4: Glow In the Dark Party

Lights out for this swim. Play games and win glow sticks, necklaces and other neon toys.

### August 25: 3-D Dive in Movie

We have 3-D glasses and the movie is Spy Kids 3-D. Come in for an eye popping event. \*The swim will go from 7:30-9:00pm to accommodate the length of the movie.

### September 1: Don't Worry Be Happy

It's getting close to going back to school but there's still time for swimming and fun! Reggae music and happy faces!

## Pool Parties

**Super Deluxe Pool Parties...**You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and an hour lobby party with help from our "party guards," really cool goodie bags, table cloths, party plates, napkins, forks and juice box for each child. Cost is \$202.00. Additional participants are only \$8.00 per child. **Times offered: Saturdays after 6:30 or Sundays beginning at 12:00 Noon.**

**Do-it-yourself Parties...**Prices start at \$140.00 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$185.00 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for their own clean up. **For more information please come by or call 684-4989 between Noon–8:00PM, Monday–Friday**

